



Natick Recreation and Parks Department

"Create Community through People, Parks and Programs"

SPRING/SUMMER • 2013

Programs & Events Brochure



A beautiful day at Sassamon Trace

Registration for Spring/Summer Programs will be done *ON-LINE*

Spring Registration Begins Sunday, March 17 at 7:00 pm

Summer Registration Begins Thursday, March 21 at 7:00 pm

Registration is on a "First Come - First Served Basis"

Spring Walk-in Registration will be allowed starting Monday, March 18 at 8:00 am

Summer Walk-in Registration will be allowed starting Friday, March 22 at 8:00 am

Summer Sports Clinics and Adventure Weeks Lottery deadline, Thursday, March 21 at 5:00 pm

Brochures and forms for the Sports Clinics will be available
on our website www.natickma.gov/recreation
and the Community Notices section of Virtual Backpack.

Welcome to our Spring/Summer Programs Brochure for 2013

The mission of the Natick Recreation and Parks Department is to provide affordable, high quality leisure services for all our residents. The spring and summer program offerings that our department proudly displays to you in this brochure, is a true representation of our department's effort to achieve this mission. The Recreation and Parks Commission applauds the efforts and quality of work that our department's administrative staff has exhibited in providing the quality and variety of programs that are found in this brochure. We would also like to commend the program staff and volunteers for their hard work and commitment in making these services a reality for Natick residents.

Please read the information in this brochure carefully and pay particular attention to specific program details and deadlines of the programs that interest you! We welcome your calls should you have any questions!

NRPD Commissioners:

 **Wayne Szretter, Chairman**

 Mike Fair

 John Griffith

 Tim Kelley

 Seth Levine

 Sue Shea

 Jessica Ordway

 Ron Ordway

 Mark St. Hilaire

SPRING ON-LINE REGISTRATION BEGINS SUNDAY, MARCH 17 AT 7:00 pm.

The Recreation and Parks Department registration is on-line. The process is as follows:

- 1) Spring **ON-LINE** Registration begins on Sunday, March 17 at 7:00 pm.
Summer **ON-LINE** Registration begins on Thursday, March 21 at 7:00 pm.
 - See Page 15 for more details.
- 2) If you need financial aid please visit the Natick Service Council at 2 Webster Street, Natick.
If you are in need of a payment plan, please do so in our office.
Both must be done by Tuesday, March 12.
- 3) Summer Sports Clinics and Adventure Weeks Brochures will be available on our website, Virtual Backpack under "Community Notices" and in hard copy at the NRPD office after Feb. Vac. Sign-up will be done by lottery with the deadline being Thursday, March 21 at 5:00 pm.
- 4) Spring Walk-in Registration at the Cole Center Office starts on Monday, March 18 at 8:00 am.
Summer Walk-in Registration at the Cole Center Office starts on Friday, March 22 at 8:00 am.

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♦ Important Recreation & Parks Dates ♦

Registration Deadlines

March 17....Spring **ON-LINE REGISTRATION BEGINS AT 7:00 pm**
March 18....Spring Walk-in Registration begins at 8:00 am
March 18....Playgroup Lottery Deadline at 5:00 pm
March 21....Summer **ON-LINE REGISTRATION BEGINS AT 7:00 pm**
March 21....Deadline for Summer Sport Clinic and Adventure Weeks Lottery at 5:00 pm
March 22....Summer Walk-in Registration begins at 8:00 am

Community Special Events

March 30....Fun with the Bunny • Page 4
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Looking forward to a great Spring and Summer of 2013!



SPRING AHEAD MARCH 10

SPRING PROGRAMS

PRE-SCHOOL

ATTENTION!! Playgroup **WILL REGISTER AS A LOTTERY.**
Registration Forms and payment are due by 5:00 pm on
Monday, March 18.

Lottery will be done on Tuesday, March 19.
Confirmation calls will be made to all in Lottery.

"ON-MY-OWN" • PLAYGROUP

AGES 2 - PRE-K

TUE	9:00	-	11:00	2 yr. olds	\$140 (11 wks)
	11:30	-	2:00	3 yr. olds & Up	\$150 (11 wks)
WED	9:00	-	11:00	2 & 3 yr. olds	\$140 (11 wks)
	11:30	-	2:00	3 yr. olds & Up	\$150 (11 wks)
THU	9:00	-	11:00	2 yr. olds	\$140 (11 wks)
	11:30	-	2:00	3 yr. olds & Up	\$150 (11 wks)

REQUIREMENTS

- Child must be the proper age on the first day of class.
- Playgroup provides a comfortable and relaxed environment for your child to develop social skills with children their own age. Activities include: Free play, physical play, snack or lunch, art, circle time with music, stories and dance.
- Morning classes please bring a snack. Afternoon classes bring a lunch. **NO PEANUTS OR NUT PRODUCTS.**

WHEN: Tue, Apr 2 - Thu, Jun 20 (11 weeks)
No class Apr 16 - 18

STAFF: Kim Condon, Michelle Rodriguez

"FUN WITH MESSY PLAY" • AGES 1 & 2

PARENTS! Here is your chance to get messy with your little ones without you dealing with the clean up. Children will enjoy water play, sand play, a different messy craft each week using play-doh®, paint, brushes, rollers, bubbles feathers and more.

WHEN: Wed, Apr 3 - June 5 (9 weeks)
No class Apr 17

TIME: 10:45 - 11:30 am

FEE: \$133

INSTR: Muriel Sypek

"JUMP, TUMBLE AND SING" • AGES 2 - 4

A fun, active class that includes physical play and movement with slides, balls, tunnels, beanbags and some parachute play! Parent or guardian participation is a requirement, so parents should be dressed to be active.

WHEN: Wed, Apr 3 - June 5 (9 weeks)
No class Apr 17

TIME: 9:30 - 10:15 am

FEE: \$97

INSTR: Muriel Sypek

GYMNASTICS FOR ALL • AGES 3 & 4

A great program that will enhance coordination through tumbling, uneven bars, balance beam and vault taught on kid-size equipment.

WHEN: Fri, Apr 5 - Jun 7 (9 weeks)
No class Apr 19

TIME: 2:30 - 3:15 pm

FEE: \$131

INSTR: East Coast Mobile Gymnastics

"BABES IN ARTLAND" • AGES 2 - 4

Children will be doing fun projects that build a child's self-esteem and help the child use his/her creativity. **Parent participation is a mandatory component!** Come have some fun with your child!

WHEN: **SESS 1:** Thu, Mar 21 - Apr 25 (5 weeks)

SESS 2: Thu, May 9 - Jun 6 (5 weeks)

No class Apr 18

TIMES: 10:00 - 10:45 am

FEE: \$53

MIGHTY-MITE SPORTS • AGES 4 & 5

A fun and active program where participants will take part in different sports/physical activities. We stress teamwork and sportsmanship.

WHEN: Fri, Apr 26 - May 24 (5 weeks)

TIMES: 3:30 - 4:00 pm **~or~** 4:15 - 4:45 pm **~or~** 5:00 - 5:30 pm

FEE: \$45

DANCE CLASSES

Students should wear ballet slippers, non-skid socks or bare feet.

INTRO TO DANCE 1 • AGES 3 & 4

An introduction to the wonderful world of dance. Students will develop their gross motor skills, coordination, group skills and self-confidence in a fun and active learning environment. The class incorporates creative movement and basic dance positions and steps with fun, lively music. *It is suggested that your child be able to separate. Any child who is age 3 as of April 1 should take 1 or 2 sessions of Intro to Dance 1 before moving to Intro to Dance 2.*

INTRO TO DANCE 2 • AGES 3 & 4

For children who have had Intro to Dance 1 or another dance class. Dancers continue to develop their skills and explore their creativity through movement, music and imagination.

INTRO TO DANCE 3 • AGES 4 1/2 - PRE-K

Children will take their skills and joy to the next level. This class includes creative movement, basic ballet position and combinations as well as some moving and grooving to upbeat, age appropriate music.

Children would benefit from taking at least one session of Intro to Dance 1 or 2, or the equivalent class.

WHEN: Tue, Apr 2 - May 28 (8 weeks) **or**
Wed, Apr 3 - May 29 (8 weeks)

No class Apr 16, 17

TIME:	Tue	9:45 - 10:30 am	Intro to Dance 2
		10:30 - 11:15 am	Intro to Dance 1
	Wed	9:45 - 10:30 am	Intro to Dance 1
		10:30 - 11:15 am	Intro to Dance 3

FEE: \$78/Level/Class

INSTR: Cindy Wright • Cindy is the Owner/Director of Cindy Wright Dance Studios in Wellesley and has taught dance for 30+ years. She has been an accomplished choreographer in local community theater since 1995. Cindy is also the Director of our own Natick Drama Workshop. We are very excited to add her to our programming staff.

THUNDERCATS MINISPORTS • AGES 4 - PRE-K

This fun program will include soccer, basketball, Softee™ hockey and other unique games like Sponge Bob Tag and "Finding Nemo". Emphasis is on basic skill building, developing hand-eye coordination, teamwork and FUN!

WHEN: Thu, Apr 4 - May 9 (5 weeks)
No class Apr 18

TIME: 2:45 - 3:30 pm

FEE: \$60

F.A.S.T. T-BALL • AGES 3 - PRE-K

Great introduction to the fundamentals of America's favorite pastime. All participants will learn the basic skills of fielding, throwing, hitting and base running. In addition, we will play games such as home run derby, last one standing and running bases. Learning and skill development are the priorities.

WHEN: Tue, May 7 - Jun 4 (5 weeks)

TIME: 3:00 - 4:00 pm

FEE: \$55

INSTR: F.A.S.T. Athletics Coaching Staff

WHERE: Cole Center Field

MICRO ATHLETICS • AGES 4 & PRE-K

Knuckle Bones

Knuckle Bones wants to teach children the fundamentals of sports, help build confidence and to develop a passion for athletics and fitness that will stay with them a lifetime! Each class, Knuckle Bones will bring a plethora of different and unique equipment, mini-gym, rhinoskin balls, kickballs, scooters, balance bicycles and much more. This program and equipment focuses on fundamentals, gross motor development and physical fitness. Proper sneakers are required!

WHEN: Tue, Mar 26 - May 21 (7 weeks)

No class Apr 9, 16

TIME: 9:00 - 10:00 am

FEE: \$75

INSTR: Knuckle Bones Staff

MICRO WHEELS • AGES 2 & 3

Knuckle Bones

Micro Wheels will engage both Parent/Guardian and their toddler(s) with a developmental array of wheeled, self-propelled vehicles that will be used to gain balance, confidence and have loads of fun! Obstacle courses, street signs and varied activities will help these determined drivers to trust themselves as they look forward to the day they actually ride a bicycle on their own. Proper sneakers and long pants required.

Parent participation IS A MUST!

WHEN: Thu, Apr 4 - May 23 (7 weeks)

No class Apr 18

TIME: 9:00 - 10:00 am

FEE: \$75

INSTR: Knuckle Bones Staff

BIRTHDAY PARTIES

- Want to host your party with us?
- Up to 2 hours of party time in our Game Room (*Air Hockey, Foos Ball, Ping Pong, TV/VCR, etc.*)
- Up to 1 hour available Gym time (*sports, tumbling & games equipment included*)
- Supervised by Recreation Staff

WHEN: Sundays **ONLY**

TIME: 12:30 - 2:30 pm **or** 3:00 - 5:00 pm

FEE: \$175 for 2 hours.

You supply your own paper goods, cake and refreshments.

Rental is space and equipment only



For More Information Call 647-6530 and ask for Mary Lou

"FUN WITH THE BUNNY" • AGES 3 - K

Saturday, March 30

Starts at 4:00 pm

Cole Center • 179 Boden Lane

\$2/child payable at the door.

Come join in on the fun at Cole Center where there will be entertainment, along with a special guest.



YOUTH

Natick Drama Workshop Presents



or How The West Was Dun

Wilson Middle School Auditorium • 24 Rutledge Rd.

Friday, March 15 • 7:00 pm

Saturday, March 16 • 2:00 pm & 6:30 pm

Sunday, March 17 • 2:00 pm

Tickets will be available prior to the show dates at the Cole Center, Libraries and at the door a half hour before show time.

"FLASHLIGHT EGG HUNT" • GRADES 1 - 4

Saturday, March 30

Hunt Starts at 7:45 pm

Natick High School Baseball Field

\$2/child payable at the gate entrance

Last year's "Hunt" was a blast!

Come on down and join the fun.

Each child should bring a flashlight.

You will be given a number when you pay and then search the field for your numbered eggs.

*** Child must be able to do the hunt on his/her own.**

No adults will be allowed onto the field during the hunt.

B.A.A. TRACK CLINICS • GRADES 4 - 8

The NR&PD with the Boston Athletic Association is co-sponsoring running clinics at the Kennedy Middle School once a week. **Please dress for outdoor running if it is not raining.** These clinics lead up to a Marathon weekend challenge, Saturday, April 13 at 10:30 am in Boston, between some of the towns through which the Marathon passes. (19 towns competed last year.)

WHEN: Mon, Mar 18 - Apr 8 (4 weeks)

TIME: 4:00 - 4:45 pm

FEE: FREE!! Register On-line

INSTR: Dan Keefe, Aaron Friedman

WHERE: Kennedy Middle School (**Dress to run outside**)

PLEASE NOTE: Rain site • Community Sr. Center • 117 E Central St.



AWESOME APRIL ART WORKSHOP • GRADES K - 6

Come create a Jackson Pollack masterpiece! Andy Warhol pop art, printing, sculpture and more! Guaranteed to knock your socks off!

WHEN: Tue, Apr 16 and Wed, Apr 17 (2 days)

TIME: 9:00 - 11:00 am

FEE: \$68 (Includes supplies)

INSTR: Christine Van

GYMNASTICS FOR ALL • AGES 5 - 7

A great program that will enhance coordination through tumbling, uneven bars, balance beam & vault taught on child-size equipment.

WHEN: Fri, Apr 5 - Jun 7 (9 weeks)

No class Apr 19

TIME: 3:15 - 4:00 pm

FEE: \$131

INSTR: East Coast Mobile Gymnastics

THUNDERCATS SPORTS JAM • GRADES K & 1

A co-ed, multi-sport program designed to give participants an opportunity to play and learn about basketball, soccer and floor hockey. Unique games and activities will be mixed in to create a fun, non-competitive atmosphere. Program will culminate with a *Fun Tournament Day!* Please bring an appropriate size basketball or soccer ball, with child's name on it.

WHEN: Thu, Apr 4 - May 9 (5 weeks)

No Class Apr 18

TIME: 3:30 - 4:30 pm

FEE: \$70 (Bring a water bottle)

THUNDERCATS DODGEBALL & MORE • GRADES 2 & 3

Co-ed program consisting of different dodge ball related games, Doctor, Bombardment, Jail Break and more. (Gator skin safety balls will be used to ensure safety and fun.) Other sports and games will be mixed in to create a fun and exciting program.

WHEN: Thu, Apr 4 - May 9 (5 weeks)

No Class Apr 18

TIME: 4:30 - 5:30 pm

FEE: \$70 (Bring a water bottle)

START WITH ART • DRAWING & PAINTING • GRADES K - 2

This fun class is for little hands. Our class includes theme based and color based lessons. Be inspired by famous artists. Venture into a multi-medium, hands-on class for an independent art experience. We will work with watercolor paints, acrylic paints, oil pastels, pencils, markers and more. Students will explore sculpture, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality.

WHEN: **SESS 1:** Thu, Mar 21 - Apr 25 (5 weeks)

SESS 2: Thu, May 9 - Jun 6 (5 weeks)

No class Apr 18

TIME: 4:00 - 5:00 pm

FEE: \$118

INSTR: Christine Van



START WITH ART • DRAWING & PAINTING • GRADES 3 - 6

This fun class includes theme based and color based lessons. Be inspired by famous artists. Create your own masterpiece! Venture into a multi-medium hands on class for an art experience. We will work with liquid watercolor paints, acrylic paints, oil pastels, charcoals and more. Students will explore sculpture, weaving, drawing, printmaking and painting. Our class is centered on each child's creativity and individuality.

WHEN: **SESS 1:** Mon, Mar 25 - Apr 29 (5 weeks)

SESS 2: Mon, May 6 - Jun 10 (5 weeks)

No class Apr 15, May 27

TIME: 4:00 - 5:00 pm

FEE: \$118/Session

INSTR: Christine Van



PLAY TENNIS AMERICA • GRADES 3 - 7

Basic fundamentals for beginners and advance beginners.

WHEN: Sun, Apr 28 - Jun 9 (6 weeks)

No class May 26

TIME: 5:00 - 6:00 pm • Grades 3 & 4

6:00 - 7:00 pm • Grades 5 - 7

WHERE: Natick Racquet Club • 16 Michigan Dr.

FEE: \$95

STREET HOCKEY TOURNAMENT • GRADES 3 - 6

NR&PD is planning our Annual Street Hockey Tournament that will be held during April Vacation (April 16 - 19) at the Johnson School Outdoor Rink. Start getting your team together now!! Cost will be \$50 per team. Registration forms for the tournament will be available in our office beginning Monday, March 18.

WHEN: Grades 3 & 4 • Tue, Apr 16 (rain date Wed, Apr 17)

Grades 5 & 6 • Thu, Apr 18 (rain date Fri, Apr 19)

MOTHER & SON CHALLENGE • GRADES 2 - 4



A little bit Survivor, two-parts Amazing Race, and a couple of hours of fun is what's in store for the Mother & Son Challenge. Each team will

follow clues and complete challenges as they navigate their way through Kennedy Middle School and Brown School field's paths and playgrounds. Prizes and awards given at the end. Prize for best team outfit (be creative.)

WHEN: Sat, May 18

(Rain Date: Sun, May 19)

TIME: 4:00 pm

WHERE: Kennedy Middle School (By Front Door)

1 Philip Lucier Drive, Natick

FEE: \$25/Team (1 Boy and 1 Mother, Grandmother or Female Guardian/Team)



FANTASTIC FRIDAYS

\$5 at Door • Cole Center

Grade 5 & 6 • 7:00 - 9:00 pm

Grade 4 • 7:00 pm - 8:30 pm

March	8		Grade 5
March	22		Grade 6
April	12		Grade 5
April	26		Grade 6
May	10		Grade 5
May	24	"Welcome Preview"	Grade 4
June	7	"Last Hurrah"	Grade 6

Fantastic Fridays include a DJ, games, contests and prizes. Concessions are provided as a fundraiser for future activities. **LOOK FOR UPDATES ON THE ELECTRONIC SCROLL BOARDS FOR INFORMATION REGARDING FANTASTIC FRIDAYS.**

PARENTS NIGHT OUT

Ages 5 - Grade 4

This program follows our On-line Registration process!

Drop kids off for a night of games, crafts and movies while you have your own night of fun. Supervision by CPR & First Aid certified staff. Cheese pizza, a small snack and juice will be served.

A concession table is available.

WHEN: Sat, Mar 2, 16, Apr 6, 20, May 4, 18, Jun 1, 15

TIME: 5:00 - 9:00 pm

FEE: \$18 1st child, \$12 2nd child, \$6 each additional child (in your immediate family.)

NOTE: For a full refund, the Recreation and Parks Office must receive cancellations by **noon the Friday before your scheduled PNO.**

HOME ALONE SAFETY • GRADES 4 & 5

Girls and boys learn telephone and door answering techniques, internet safety and accident and fire protection. They'll also learn some basic first aid and time management tips for when they are alone for short periods of time.

WHEN: Thu, May 23

TIME: 3:30 - 5:30 pm

FEE: \$45

INSTR: Juanita Allen, EMT and CPR & First Aid Instructor

WHERE: Community-Senior Center • 117 E. Central Street • Natick

BLAST! • GRADES 6 - 9

Babysitter Lessons And Safety Training

Potential babysitters will learn how to handle the basics of infant and child-care. Topics you'll cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants receive a wallet-sized certificate of completion, easy-to-follow first aid instructions and a sitter checklist to copy for each job. Participants should bring a light* lunch or snack and drink.

WHEN: Thu, May 23

TIME: 12:00 - 3:00 pm

FEE: \$50

INSTR: Juanita Allen, EMT and CPR & First Aid Instructor

WHERE: Community-Senior Center • 117 E. Central Street • Natick

THE GREAT OUTDOORS • AGES 6 & UP

The Natick Recreation and Parks Department and the Natick Outdoor Store will hold a fishing and kayaking clinic at the Memorial Beach and Gina Donahue Boat Landing locations on Dug Pond on Saturday morning April 28 for any Natick youth ages 6 and up. Details on this FREE clinic will be announced in the Natick Public Schools Virtual Back Pack, the Natick Tab/Bulletin and on our website: <http://www.natickma.org/recreation>.

WHEN: Sat, Exact date TBD

TIME: 9:00 am - 1:00 pm

WHERE: Memorial Beach, Gina Donahue Boat Landing

FEE: **FREE**

MOTHER AND DAUGHTER SELF DEFENSE
FOR MOTHERS AND THEIR DAUGHTERS • AGES 9 - 16

Villari's Martial Arts has built this class for mothers and daughters. It is geared around building confidence around the techniques and skills associated with self-defense. Master the art of kicking, punching and blocking. Each week your confidence will grow as the two of you work together to hone your skills. Don't miss out on this great opportunity to learn self defense skills together.

WHEN: Mon, Mar 18 - Apr 29 (6 weeks)

No class Apr 15

TIME: 6:30 - 7:30 pm

WHERE: Community-Senior Center • 117 East Central Street

FEE: \$96/Couple

INSTR: Villari's Martial Arts

FATHER & SON SELF DEFENSE
FOR FATHERS AND THEIR SONS • AGES 8 - 12

Villari's Martial Arts has built this class for fathers and sons. It is geared around building confidence around the techniques and skills associated with self-defense. Master the art of kicking, punching and blocking. Each week your confidence will grow as the two of you work together to hone your skills. Don't miss out on this great opportunity to learn self defense skills together.

WHEN: Wed, Mar 20 - May 1 (6 weeks)

No class Apr 17

TIME: 6:30 - 7:30 pm

WHERE: Community-Senior Center • 117 East Central Street

FEE: \$96/Couple

INSTR: Villari's Martial Arts

INTRO TO MUSICAL THEATRE • GRADES 2 - 6

Come join the cast of this magical music production of the classic fairy tale "Sleeping Beauty." Roles available for both boys and girls. Students will build self-confidence while gaining skills in acting, singing, dancing and team work throughout this very special theater program.

WHEN: Mon, Mar 25 - Jun 10 (10 weeks)

No class Apr 15, May 27

TIME: 3:15 - 4:15 pm • Grades 2 & 3

4:30 - 5:45 pm • Grades 4 - 6

REHEARSALS: Cole Center

MANDATORY Rehearsals All Grades: May 20 & Jun 3 • 3:30 - 5:30 pm

An extra rehearsal may be planned in addition to the Mondays.

PERFORMANCE DATE: Mon, June 10

LOC: TBA

FEE: \$160 • Grades 2 & 3

\$175 • Grades 4 - 6

INSTR: Jaci Adams, BS Musical Theater, UNH

SOCIAL NETWORKING SAFELY FOR TWEENS • AGES 10 - 12

Social networking has become the new "playground" for tweens and who can blame them for being drawn to a place where you can be anyone you want, meet people from around the world, share pictures and experiences, build or join a community or become an instant celebrity. In the *Kidproof Social Netiquette Workshop*, students learn to develop and apply proper social etiquette, good citizenship and critical thinking skills to meeting people, sharing information and socializing through the internet.

WHEN: Thu, May 23

TIME: 6:00 - 8:00 pm

FEE: \$45

WHERE: Community-Senior Center • 117 E. Central Street • Natick

FIT 4 FUN • AGES 7 - 11

Fit 4 Fun is a co-ed program that will teach your child that Fun and Fitness can be one in the same. At the start of each class your child will learn how to make quick, easy and healthy (and delicious) snacks in a creative, collaborative setting (snacks like fruit kabobs, yogurt/granola/fruit parfaits, cereal clusters, smoothies, etc.) Activities will include - but not be limited to - kickball, dodgeball, tag, obstacle courses and other activities that include fitness and education.

Each class will end with a 10 - 15 minute stretching/yoga practice that will give your child a chance to unwind, relax and reflect on positive thoughts about him/herself.

WHEN: Wed, Apr 3 - May 29 (8 weeks)

No class Apr 17

TIME: 3:30 - 5:00 pm

FEE: \$125

INSTR: Carol Jackson, Health and Wellness Coach

WHERE: Cole Center

SPEED AND ENDURANCE RUNNING • AGES 7 - 12

Speed and endurance are two essential qualities that kids need in most sports to be able to compete to the best of their ability. Kathy Fleming a 1996 Olympic Trials Finalist, a current Distance Medley Relay World Record holder and former Cross Country and Track Coach at Boston College can help you become a better all-around athlete. Through drills, hill running and by working on running form and strength, your athlete will reach to new levels. Focus is on the basics of relay running and most importantly having fun! Bring your running shoes and a water bottle and get ready to sweat.

WHEN: Thu, May 2 - May 30 (5 weeks)

TIME: 3:45 - 4:45 pm

FEE: \$75

WHERE: Cole Center

INSTR: Kathy Fleming

F.A.S.T. FLAG FOOTBALL • GRADES 2 - 4

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly, how to work together as a team. The players will be able to participate in different situational games; Red Zone Defense, fourth and inches and the QB Challenge. Players will learn about the importance of fair play. Every week will end with a simulated game broken down into 4 quarters - the F.A.S.T. Coaches will have tons of plays ready to go for their teams!

WHEN: Tue, May 7 - Jun 4 (5 weeks)

TIME: 4:00 - 5:00 pm

WHERE: Cole North Field

FEE: \$66

INSTR: F.A.S.T. Athletics Coaching Staff

ADULTS

EXERCISE-DANCE

Come join the Fun! Achieve your fitness goals with creative choreography and great music... Dance to the songs you love while you work your body. **Every Body Dance!!!**

WHEN: Tue and Thu, Apr 2 - Jun 20 (12 weeks)
No class Apr 9, 30

TIME: 6:15 - 7:15 pm

FEE: \$135 for 2 nights/week *
(\$95 for only 1 night/week)

*** Recommended**

WHERE: Cole Center

PLAY TENNIS AMERICA

Lessons for beginners and advanced beginners.

WHEN: Sun, Apr 28 - Jun 9 (6 weeks)

No class May 26

TIME: 7:00 - 8:00 pm

WHERE: Natick Racquet Club • 16 Michigan Dr.

FEE: \$95

SLOW PITCH SOFTBALL (WOMEN)

Competitive **but fun** slow pitch softball league that plays by USSSA rules. Equal playing time is **mandatory** for all players! Games begin Tue, May 7. Some equipment provided as well as game balls and ump's.

WHO: High School graduate or older

WHEN: Tue **~or~** Thu Evenings (until playoffs)

GAMES: 1 to 2 games/week

TIME: 6:15 pm **SHARP**

FEE: \$50 Natick residents \$70 Non-residents

WHERE: Coolidge Field

NOTE 1: When signing up, please put down the team you would like to play for, if known.

Teams from previous year will have first opportunity.

NOTE 2: Any new players interested in playing, please call the NR&PD at (508) 647-6530 if you have any questions. We will try to accommodate all. No guarantees.

CO-ED ULTIMATE FRISBEE • ADULTS

It is a fun recreational pick-up format, who ever shows up and is registered will play each Saturday. Games are held at the Cole Center Fields on Saturday afternoons.

Be sure to include your e-mail address when you register on-line for communication purposes.

WHEN: Sat, Apr 27 - Jun 22 (8 weeks)

No program May 25

TIME: 4:00 - 6:00 pm

FEE: \$20

WHERE: Cole North Field



INDOOR SWIMMING OPPORTUNITIES

PUBLIC SWIMMING AT KEEFE TECH

750 Spring/Summer Street • Framingham

Natick Recreation & Parks in conjunction with Framingham Recreation & Parks is proud to provide Public Swimming at Keefe Technical School Pool on weekends from February through April for Natick Residents.

Times for public swimming are:

Saturdays: 2:00 - 3:00 pm
(Senior Citizens only from 2:00 - 3:00 pm • Cost is FREE)

Saturdays: 3:00 - 4:30 pm

Sundays: 2:00 - 3:30 pm

FEE: \$4 • Adult, Seniors except 2:00 - 3:00 pm on Saturday
\$2 Children • Age 12 & below

Pool Closed March 30

Youth 12 years old and under must be accompanied by an adult.

INTRODUCTION TO TAI CHI • ADULT

Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed meditative movements. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements - connecting the mind and body. Originally developed in ancient China for self-defense, Tai Chi evolved into a graceful form of exercise that's now used for stress reduction and to help achieve a sense of inner calm. The concentration required for Tai Chi forces you to live in the present moment, putting aside distressing thoughts. This helps to develop a sense of balance and harmony between mind, body & soul. You'll be introduced to Tai Chi and begin learning postures and movements of the forms.

WHEN: Mon, Apr 22 - Jun 24 (9 weeks)

TIME: 6:30 - 7:30 pm • Intro to Tai Chi

7:45 - 8:45 pm • Level 2

WHERE: Cole Center

FEE: \$73

INSTR: Jon Woodward, Certified Tai Chi Instructor,
25-year practitioner having studied under several teachers.



INTRODUCTION TO MS POWER POINT 2010

This course is designed for the students who have little or no experience of working with MS Power Point. You will learn to create basic presentations by exploring the slide layout, design theme and formatting functions. Then, you will learn to transform these basic slides into an exciting presentation by inserting pictures, tables, charts, audio files and movie clips. We will even go a step further to apply custom animation and slide transitions to the slides. Result at the end of 5 weeks, you will create professional presentations that will impress the audience from start to end.

WHEN: Wed, Apr 3 - May 8 (5 weeks)

No class Apr 17

TIME: 6:30 - 8:30pm

FEE: \$130

WHERE: Community-Senior Center • 117 E. Central Street

INTRODUCTION TO MS EXCEL 2010

This course is designed for students who have little or no experience working with MS Excel. First you will learn to create and format spreadsheets to help you present a large amount of data in an organized manner. Then, you will learn to sort, filter and analyze your large amount of data. You will explore the "Charts" function to transform your data into variety of professional looking charts. Last but not least, you will learn to write formulas to perform calculations on your data. Result: At the end of 5 weeks, you will create professional spreadsheets to help you make informed decisions.

WHEN: Wed, May 15 - Jun 12 (5 weeks)

TIME: 6:30 - 8:30pm

FEE: \$130

WHERE: Community-Senior Center • 117 E. Central Street



SUNRISE STRETCH

Fun Music and Unique Stretching Techniques. Feel more youthful, stronger, taller and flexible in the morning. Start your day right!

WHEN: **SESS 1:** Tue, Mar 12 - Apr 9 (5 weeks) **

****Please Note:** Registration is **ON-GOING** for Session 1.

SESS 2: Tue, Apr 23 - May 21 (5 weeks)

TIME: 7:00 - 7:45 am

FEE: \$50/person per session (or \$15/week walk-in)

WHERE: Impulse Dance Studio • 5 Summer Street • Natick

INSTR: Joanne Schmallenberger



NO-SWEAT WORKOUT

This 45-minute program will get your Chi flowing while building strength and flexibility through a slow, sweat free workout focusing on physical strength, stretching and improving your core.

WHEN: **SESS 1:** Thu, Mar 14 - Apr 11 (5 weeks) **

****Please Note:** Registration is **ON-GOING** for Session 1.

SESS 2: Thu, Apr 25 - May 23 (5 weeks)

TIME: 7:00 - 7:45 am

FEE: \$50/person per session (or \$15/week walk-in)

WHERE: Impulse Dance Studio • 5 Summer Street • Natick

INSTR: Joanne Schmallenberger



CARDIO AND MUSCLE CONDITIONING

In this 1-hour fun class you will build cardio, improve multidimensional strength and get a power core workout ending with a ten-minute relaxation segment to release stress of the day.

WHEN: **SESS 1:** Mon, Mar 11 - Apr 8 (5 weeks) **

****Please Note:** Registration is **ON-GOING** for Session 1.

SESS 2: Mon, Apr 22 - May 20 (5 weeks)

TIME: 6:30 - 7:30 pm

FEE: \$50/person per session (or \$15/week walk-in)

WHERE: Community-Senior Center • 117 E. Central Street

INSTR: Joanne Schmallenberger



STRENGTH AND FLEXIBILITY

This class is designed to get you strong while adding elements of Pilates, Yoga and vertical core. Using powerful yet subtle strength training to increase strength with minimal weight training and ending with 15 minutes of focused deep breathing and stretching.

WHEN: **SESS 1:** Wed, Mar 13 - Apr 10 (5 weeks) **

****Please Note:** Registration is **ON-GOING** for Session 1.

SESS 2: Wed, Apr 24 - May 22 (5 weeks)

TIME: 6:30 - 7:30 pm

FEE: \$50/person per session (or \$15/week walk-in)

WHERE: Community-Senior Center • 117 E. Central Street

INSTR: Joanne Schmallenberger



BOUNCE AND BOOGIE

Rebounding has been proven to be a 90% shock-free and 60% more efficient than any other exercise modalities according to NASA research. This Rebounding Cardio and Strength workout is both highly effective and intensely fun.

WHEN: **SESS 1:** Mon, Mar 11 - Apr 8 (5 weeks) **

****Please Note:** Registration is **ON-GOING** for Session 1.

SESS 2: Mon, Apr 22 - May 20 (5 weeks)

TIME: 5:15 - 6:15 pm

~ or ~

WHEN: **SESS 1:** Wed, Mar 13 - Apr 10 (5 weeks) **

SESS 2: Wed, Apr 24 - May 22 (5 weeks)

TIME: 5:15 - 6:15 pm

~ or ~

WHEN: **SESS 1:** Sat, Mar 16 - Apr 13 (5 weeks) **

SESS 2: Sat, Apr 27 - May 25 (5 weeks)

TIME: 10:30 - 11:30 am

FEE: \$50/person per session (or \$15/week walk-in)

WHERE: Community-Senior Center • 117 E. Central Street

INSTR: Joanne Schmallenberger

SASSAMON TRACE GOLF COURSE

The Natick Recreation and Parks Department is proud to provide Natick with a quality 9-hole, Par 32 golf course conveniently located at 233 South Main Street.

Sassamon Trace offers a wide variety of services and merchandise to serve your golfing needs.

Peter Meagher, Golf Course Manager

2013 SEASON PASSES (RESIDENT FEES)

- Adult 7-Day Pass \$675
 - Senior 7-Day Pass \$550
 - Junior 7-Day Pass \$400
 - Summer 7-Day Student Pass \$300
 - 5-Day Pass \$425
- Seniors are 60 & over, Juniors are 17 & under*
Summer Pass for full time students 21 & under
Reduced fees for additional family members
Go to www.sassamontrace.com for detailed info.

9-HOLE DAILY GOLF FEES

	Mon - Fri	Sat - Sun
• Adults	\$20	\$22
• Seniors	\$15	\$22
• Juniors	\$15	\$22
• Twilight Adult	\$14	\$14
• Twilight Juniors	\$8	\$8

Twilight begins 1-1/2 hours before sunset
Reduced fees are available for replays

9-HOLE RIDING CART FEES

- Adult Cart (per person) \$8.00
- Senior Cart (per person) \$6.00 (weekdays)
- Pull Carts \$4.00
- Rental Clubs Adult/Junior \$12.00/\$5.00

Sorry, no riding carts for twilight golf.

ANNUAL GHIN HANDICAP SERVICE

- Adult \$50
- Sassamon Pass Holder \$35
- Junior \$25
- Sassamon Junior Pass Holder N/C

www.Sassamontrace.com



GOLF INSTRUCTION AT SASSAMON TRACE

PGA Golf Professional, Pete Meagher, will be offering adult and youth golf instruction during the spring and summer. Pete is the Natick High School Golf Coach and former staff instructor at the Faldo Golf Institute in Orlando, FL.

ADULT GROUP INSTRUCTION

Classes are held Monday - Thursday evenings beginning the week of April 22. There will be 5 hours of instruction spread over 4 meetings. Classes focus on new and beginning golfers. Golf equipment will be provided if needed.

FEE: \$110 per 4-week session.

JUNIOR GROUP INSTRUCTION

Classes begin the week of June 24. There will be 5 hours of instruction spread over 4 meetings. Emphasis will be placed on sound fundamentals and swing techniques.

FEE: \$95 per 4-day session - for juniors 10 and older

Class size is limited to 5 students for greater personal attention.

Registration begins March 1 and payment is required at registration. Call Pete at 508-655-1330 for info.

ADULT AND JUNIOR GOLF LEAGUES

Sassamon Trace offers the following recreational golf leagues. The leagues begin the first week of May and continue until the last week of August.

- Tuesday Evening Men's League
- Wednesday Morning Women's League
- Thursday Evening Women's League

The evening leagues begin at 4:00 pm and the season is divided into two 8-week sessions.

FEE: \$160 per 8-week session (\$50 for Pass Holders)

Our popular 8-week **Junior Tour** will be held Tuesday mornings at 10:00 am beginning June 25. Juniors should have a basic understanding of the rules of golf to play in this league.

FEE: \$110 (\$20 for Pass Holders)

Registration for all leagues begins March 1.

TOURNAMENTS AND SPECIAL EVENTS

Sassamon Trace offers a variety of public tournaments, programs, clinics and special events. Please visit our website for a calendar of events and registration information or call the golf shop at (508) 655-1330

www.sassamontrace.com

All Sassamon Trace Registrations must be done at Sassamon Trace. Forms available at the Golf Course Office.



SPRING PROGRAMS AT THE FARM

The Natick Community Organic Farm is a non-profit, diversified working organic farm situated on 27-acres of town land. We welcome visitors and school groups to learn, relax, picnic, pitch in and experience the value of productive, open green space. The Farm is open dawn to dusk, year-round, selling eggs, organic produce and maple syrup.

Programs are held at the Farm rain or shine. Dress appropriately!!

For program details go to www.natickfarm.org link to "Hands-On Education"/"Public Programs". To register click on "Register Now!"

PRE-SCHOOL PROGRAMS • AGES 3 - 5

FOREST GNOMES - A WALDKINDERGARTEN PROGRAM

Join our year-round "Waldkindergarten" program. With an emphasis on seasonal rhythms, physical and social development and personal growth the "Forest Gnomes" challenge children's skills of observation in a subtly changing environment throughout the year. We now accept registrations for school year 2013/2014.

Sign up for an open-program day on March 12, April 9 or May, send an e-mail to fritz.ncorganic@verizon.net

CHORE TIME

Come down to the Farm and wake the animals up. Help the Farm feed and water the animals and gather the eggs.

LITTLE HANDS IN THE SOIL

We are looking for little hands to help us take care of our "Toddler's Garden". We will plant and mulch, rake and water, cultivate and decorate – just like big gardeners.

BABY STARS AT THE FARM

Get to know bunnies, kids, lambs, chicks and piglets through watching, touching and story telling. Each week will feature one animal.

HOP WITH THE BUNNIES

Spend some time learning about these warm, fuzzy little creatures. How they live in the wild and how we care for them at home.

FARM ACTIVITIES AND CRAFTS

Let's discover the farm in beautiful spring and create crafts around the season – from painting flowerpots, to sowing seeds, and gathering flowers.

LET'S GROW TOGETHER

Over a period of a month we'll see how plants and animals grow at the Farm. Be a part of how the Farm is changing with the season.

GOT MILK?

Have you ever milked a goat? Spend some time with our milking friends! Does chocolate milk really come from brown cows? Come see and taste what we can make with milk!

BARNYARD BIRTHDAY BASH



Come celebrate your child's birthday at your local farm! Explore farm life, take a hike in the woods, do a scavenger hunt or just relax.

Fee: \$125/2 hours; optional Farm Tour/Bunny Fun add \$25

SCOUT PROGRAMS

See our website for the Scout Programs we offer – from Farm Tours to Try-Its, Badges and Overnights!

SCHOOL AGE PROGRAMS

AFTERSCHOOL FARMERS • GRADES K - 4

We offer an After School Program for Elementary School Students on Monday, Tuesday and Thursday afternoons. The program will involve the students in our everyday Farm operations - from animal chores to starting seedlings in our green houses to cultivating our vegetable garden. Memorial students will be walked over from Memorial by Farm staff. Children can be registered for eight-week sessions.

AFTER-SCHOOL IN THE WOODS • GRADES K - 4

Let's reclaim our woods for afternoon play and exploration. There will be time for hikes, wood working and building shelters. Memorial students will be walked over from Memorial by Farm staff. Children can be registered for eight week session starting in April.

BARNYARD BUDDIES • AGES 5 - 9

Help wake up the Farm on Saturdays with morning chores such as feeding, watering, milking and collecting eggs.

SHEEP AND LAMBS • AGES 5 - 10

Springtime sees our lambs running out on fresh grass in the meadow. Visit these gentle little creatures and learn about their needs and the great products they give us.

GOT MILK? • AGES 5 - 10

Let's visit the goats and our cow with calf. We'll milk our goats and find out about the many products we can turn it into.

ONLY BUNNIES • AGES 5 - 10

Thinking about a rabbit for a pet? Here's your chance to hold, care for and get all your questions about these furry critters answered.

PURELY PIGLETS • AGES 5 - 10

Get to know the smartest animal on the Farm. A chance to learn about our piglets, feed them kitchen scraps, and watch them play in the mud.

SASSY GOATS • AGES 5 - 10

Visit our bouncy arrivals, the new kids on the farm. Let's build them something to climb on and visit their moms for some milking.

YOUTH WORK EXPERIENCE • AGES 11+

We are inviting middle school students to join Farm staff after school to take care of the animals and help with maintenance. During the months of April, May and June, students will be involved in starting our vegetable seedlings, transplanting and preparing our gardens.

MARCH VACATION PROGRAMS

MARCH VACATION FARMERS • K – GRADE 4

Shake off the winter blues and dive into spring. The farm is the place to be! The sap is flowing, we need lots of help! As the buds are swelling our animals are getting ready to give birth and our greenhouses are bursting with seedlings. New life everywhere! Jump in!

MARCH VACATION WORK EXPERIENCE • GRADE 5 - 8

Middle School students are invited to join the Farm staff during March Vacation to help with our maple sugaring operation, work in the greenhouses, care for our animals and their new arrivals, and help with maintenance. Students will be involved in all aspects of our maple sugaring operation. Join in and be part of this old New England Tradition!

CELEBRATE SPRING SPECTACULAR

SUNDAY, MAY 19
10:00 am - 3:00 pm

Wake up to spring and join the Farm for a unique old-fashioned spring fair with organic seedling sale, animal petting pasture, sheep shearing, exhibits, demonstrations, fantastic food, music, hayride, crafts, games.

FAMILY PROGRAMS

A FARMER'S MORNING

Let's do it the farmer's way! First we will take care of the animals, feed and water them. We'll collect fresh eggs for breakfast and then head inside for a hearty farm breakfast.

TINY TRAILBLAZERS

Do you like to hike or explore with your little one? Then get outdoors and join us on easy hikes on trails around Natick. These hikes are for new parents as well as parents (or caregivers) of toddlers, as long as you feel comfortable carrying them for about an hour and a half.

APRIL VACATION PROGRAMS

SPRING FARMERS • GRADES K - 4

Get to know our new arrivals – kids and lambs, bunnies and piglets. The week will be filled with caring for the animals, starting seedlings in the greenhouses, take care of the animals and help with maintenance. At this time of the year students have the opportunity to learn about growing plants from seeds, tending to them and preparing the gardens so they can produce healthy plants and a bountiful harvest.

APRIL VACATION WORK EXPERIENCE • GRADES 5 - 8

We are inviting middle school students to join the Farm staff during April vacation to prepare the gardens, transplant seedlings in the greenhouses, take care of the animals and help with maintenance. At this time of the year students have the opportunity to learn about growing plants from seeds, tending to them and preparing the gardens so they can produce healthy plants and a bountiful harvest.

SUMMER PROGRAMS

All summer programs on the Farm are half-day programs, you can sign up for either the morning **OR** the afternoon session.

BUDDING FARMERS • AGES 4 - 5

Budding Farmers is designed for four- and five-year old children to enjoy the outdoors while learning responsibility and sensitivity to the natural world. Activities include caring for animals, picking vegetables and flowers, listening to stories, and taking part in games and crafts.

YOUNG FARMERS • AGES 6 - 7

The Young Farmers program is for children ages six and seven to enjoy the outdoors while learning skills and responsibility. Activities include caring for animals, gardening, and observing nature. Each day of the four-day program focuses on one of the following themes: animals, plants, ecology (recycling) and nature.

GROWING FARMERS • AGES 8 - 9

Growing Farmers is for children ages eight through 10 who are ready to take on more responsibility and pitch in while still enjoying nature walks and crafting. They take care of the Farm's herb garden; the sugar shack is their home.

JUNIOR WORKING FARMERS • AGES 10 - 11

The Junior Working Farmers program is designed for children ages 10-11 to prepare them for the tasks of a working farmer. They will be working closely with crops and preparing added value products to contribute to the farm stand. This gives them the opportunity to explore the work and responsibility of a farmer, but also provides a closer look at our produce with a focus on the nutritional component of what we grow.

As this is a pilot program, we will only be having morning sessions at this point in time.

WORKING FARMERS • AGES 12 - 14

Working Farmers work right alongside the year-round farmers, taking care of all aspects of our busy organic farm in the summer. They do animal chores, plant, weed, and pick crops, operate the vegetable stand, and light construction work. At the end of the year, Working Farmers take home a share of the money earned from the harvest. We aim to train the participants in the culture of work, job responsibilities and working well with others.

FOREST EXPLORERS • AGES 3 - 5

Forest Explorers is designed for three to five year old children and runs Tuesday, Wednesday and Thursday. Leave the Farm and gardens behind and discover the woods - wild plants and wild animals, pond and stream. This is a place for play, exploration and make-believe. Each week naturalist and Waldkindergarten teacher Katie Roberts will take your children on a journey filled with magic and fun.

PROGRAMS FOR HIGH SCHOOL STUDENTS

TEEN WORK CREW (Paid)

For the past several summers, the **Teen Work Crew** has greatly improved the Farm's appearance and structural health. They have constructed a beautiful nature center, a working adobe oven and our market stand. Teen Work Crew members are responsible for maintenance work like mowing, chopping firewood, and repairs. Each member works a minimum of three weeks and a maximum of four weeks.

To apply for the Teen Work Crew, please send a letter of interest to Summer Coordinator Becca Toms by April 1. Please fill out a [registration form](#) and send it along. Applicants will be invited to the Farm to participate in a brief interview in April. By April 15, the new Teen Work Crew will be accepted. There will be a mandatory meeting on Saturday, June 1 from 10:00 am - 12 noon.

LEADERS IN TRAINING (Volunteer)

High school students may apply to become a Leader in Training (LIT) for our children's summer programs. LITs work closely with the Budding Farmers, Young Farmers, Growing Farmers and Working Farmers programs. LIT positions are available for all 10 weeks of the summer program schedule. We ask for a minimum commitment of two weeks. There is no enrollment fee for this program. Hours earned as a LIT can be applied towards many schools' Community Service requirements. LITs are not paid! High school students who would like to be considered as LITs please send in a letter of interest by April 1 along with a registration form to Summer Coordinator Becca Toms.

There will be a mandatory meeting on
Saturday, June 1 • 10 am - 12:00 noon

Natick Community Organic Farm Staff

- Lynda Simkins, Farm Director
- Jean-Claude Bourrut Lacouture, Assistant Farm Director
- Regina Wolf Fritz, Public Program Coordinator
- Trish Umbrell, Office Administrator
- Becca Toms, Summer Program Coordinator
- Rachel Tetrault, School/Volunteer Coordinator

PLEASE INQUIRE ABOUT OUR SCHOLARSHIP PROGRAM

Send a confidential e-mail to fritz.ncorganic@verizon.net



For program details go to www.natickfarm.org
link to "Hands-On Education"
then "Public Programs".
To register click on "Register Now!"

SPECIAL NEEDS RECREATION PROGRAMS • SKYLINE

Welcome to Skyline. This is the best time to be part of the Skyline Programs. We will be hosting Friday Night Live, Ticket to Adventure and Charles River Rotary's Softball Team on Wednesday evenings, plus our Saturday favorite Spectacular Saturdays. Join in on the fun and register for all the happenings. If you are not part of the Skyline mailing list, be sure to call the office and get added to the list. You can then stay up-to-date on all our summer and seasonal offerings. If you have any questions please call the Natick Recreation and Parks Office at (508) 647-6530.

SPECTACULAR SATURDAYS

Tentative Start Date Beginning of April

**Join us for a day of activities that
will keep you movin' and groovin'!**

BOWLING • 9:00 am

PHOTOGRAPHY ~or~ ZUMBA • 11:15 am

SATURDAY LUNCH CLUB

DANCE ~or~ ART • 2:00 pm

TRANSPORTATION is also available

Call to be added to our Skyline Mailing List

SOCIAL CLUB ACTIVITIES

• **Friday Night Live** **6:30 - 9:30 pm**

Spend an evening out with your friends. We will be going to sporting events, the movies, and much more.

Fri, April - June

• **Ticket to Adventure** **5:30 - 10:30 pm**

Join us as we get together for dinner and then continue our night with an activity.

Sat, April - June

For more details on the above social activities please call the Recreation Department or look in the Spring Skyline Brochure.

PLAY SOFTBALL

Join our famous Charles River Rotary Club softball team and have fun playing softball with our great team of coaches. Games with other teams to be announced.

WHEN: Wed, beginning of June - End of July

TIME: 6:30 - 8:00 pm

WHERE: Cole Center

CAMP ARROWHEAD • AGES 5 & UP

This regional special needs camp is held at the Amputee Veteran's site at 1055 Worcester Road (Route 9W) • Natick. Day Camp consists of swimming, arts & crafts, creative dramatics, music, adaptive sports, life skills, nature and gardening classes and much more. Special events and field trips are also provided. Natick residents are guaranteed enrollment if you register by March 30.

Day Camp (Natick Resident Fees)

Six (6) one-week sessions • Mon - Fri • 9:00 am - 3:00 pm.

SESS 1: Jul 1 - Jul 5 (4 days) \$200

SESS 2: Jul 8 - Jul 12 \$250

SESS 3: Jul 15 - Jul 19 \$250

SESS 4: Jul 22 - Jul 26 \$250

SESS 5: Jul 29 - Aug 2 \$250

SESS 6: Aug 5 - Aug 9 \$250

Family Night • TBA

Residential Camp

Residential Camp is for campers ages 10 & up, held for **4 nights** and **5 days** from Wednesday, August 14 - Sunday, August 18 at Lions Camp Pride in New Durham, NH. Program fee for Natick Campers is \$675.

Please contact the Recreation & Parks Dept. Office for a Camp Arrowhead Brochure, which includes a separate registration form.

DO NOT USE THE REGISTRATION FORM FOUND IN THIS BROCHURE.

Volunteers

Volunteers are an important part of the Camp Arrowhead experience. Volunteers are needed for this coming camp season to be successful. If you are interested and are entering the high school (Grade 9 & up) we need you!! A minimum two-week commitment is required. Applications will be available at the NRPD office beginning **Friday, March 22.**

SUMMER PERFORMING ARTS SERIES ON THE COMMON

This series is FREE to the public and we rely solely on sponsorships and donations from the Community.

If you are interested in sponsoring an event, please call The NR&PD Office at (508) 647-6530.

CONCERTS ON THE COMMON

MONDAY EVENINGS AT 7:00 pm

June 24, July 1, 8, 15, 22, 29, August 5, 12, 19

FAMILY PERFORMING ARTS SERIES

WEDNESDAY EVENINGS AT 6:30 pm (NEW TIME)

July 10, 17, 24, 31, August 7, 14



JULY 4TH CELEBRATION WEEK IN NATICK



WEDNESDAY, JULY 2

Family Day Activities on the Common • 5:00 - 8:00 pm

(No rain date)

SUNDAY, JUNE 30

Mini Triathlon at Memorial Beach • 9:30 am

MONDAY, JULY 1

Concert on the Common • 7:00 - 9:00 pm

WEDNESDAY, JULY 4

Parade • Downtown • Starting at 9:00 am

For more information go to www.natick4th.org

COMMUNITY-SENIOR CENTER

117 E. CENTRAL STREET

Programs below are offered through the Council on Aging * For more information, please call 508-647-6540

FITNESS ROOM MEMBERSHIPS AT THE COMMUNITY-SENIOR CENTER

The Community-Senior Center has a fitness room with cardio equipment including elliptical, treadmills and a recumbent bike as well as dumbbells, lat pull down platform, seated leg curl machine, leg press, leg extension, upper back platform, chest press, medicine balls, stability balls, balancing pads and BOSU balancing pads.

6-MONTH MEMBERSHIPS FEES:

Adults \$40

Discounted membership for those age 60 and above \$25

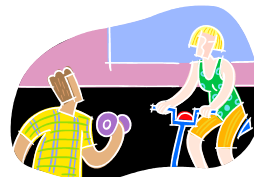
FITNESS ROOM HOURS:

Monday - Wednesday - Friday • 9:00 am - 2:00 pm and 5:00 pm - 8:00 pm

Tuesday and Thursday • 12:30 pm - 4:30 pm

Saturday • 8:00 am - 11:00 am

To join the Fitness Room please call the Community-Senior Center at 508-647-6540 to schedule your orientation. Orientations are mandatory and you cannot purchase a membership until after you have gone through orientation.



LECTURE SERIES ON AMERICA'S GILDED AGE

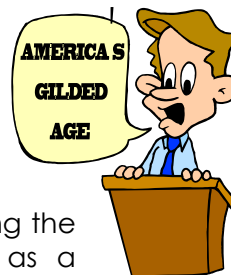
Thursdays, March 7, 21, 28, April 4, 11, 18

7:00 pm

Cost is \$50 for the series

Sign up required in advance at the Community-Senior Center

The phrase "gilded age" was coined by Mark Twain to describe the years following the Civil War. Gary Hylander, PhD is an independent scholar who specializes as a Presidential Historian. *Program offered with Sage Educational Services.



EXERCISE CLASSES

Chair Aerobics: Tuesdays • 11:00 am

Chair Yoga: Mondays • 10:00 am

Jacki Sorensen's Aerobic Dance: Tuesdays &
Thursdays • 3:00 pm

Line Dancing: Wednesdays • 12:00 pm

Muscle Building: Tuesdays & Thursdays • 10:00 am

Strength Training: Fridays • 10:00 am

T'ai Chi: Wednesdays • 10:00 am

Yoga: Fridays • 1:45 pm

Zumba: Mondays • 1:30 pm



MULTI-CLASS EXERCISE CARD

Classes are \$2.00 per class and require the purchase of a \$20.00 Multi-Class Exercise Card. The card is good for 10 classes. They can be purchased at the Community-Senior Center Office.



DO YOU NEED HELP DOING YOUR TAXES?

Income Tax Assistance is available at the Community-Senior Center by appointment only. Please call 508-647-6540.

IRS trained and certified AARP tax volunteers will be available starting in mid February, **by appointment only**, at the Natick Community-Senior Center to help with federal and state income tax returns. The program is designed to assist people of low-to-middle-income with special attention to those age 60 and older. Drop in service will not be available. There is no charge for these tax assistance services. Volunteers are also available to assist older residents who are homebound due to illness or disability.



SUMMER PROGRAMS • FAMILY RECREATION

MEMORIAL BEACH

GENERAL BEACH INFORMATION

DATES

June 8, 9, 15, 16 (*Weekends*)
June 10 - 21
June 22 - Aug 18

TIMES

All Weekends 11:00 am - 7:00 pm
Weekdays 3:00 pm - 7:00 pm
Weekdays 10:30 am - 7:30 pm
Weekends 11:00 am - 7:00 pm

TAGS REQUIRED FOR EVERYONE ENTERING BEACH • AGES 2 - ADULT
Proof of residence (i.e. license, utility bill or a canceled check), must be presented at time of tag purchase.

SUMMER 2013 FEES

Adults 18 yrs & up \$30/Resident • \$60/Non - Resident
Children 2 - 17 \$20 per Resident • \$40 per Non - Resident
Senior Citizen 62 yrs & up \$15
Any child who will be 2 years of age before July 1, 2013 must buy a tag. To receive free admission for a child under 2 yrs of age, a parent must show child's Birth Cert when purchasing their own tag.

Daily Resident Guest Fees

Child - \$3 • Adults - \$5 • Sr. Citizen - \$1

Daily Non-Resident Guest Fees

Child - \$6 • Adults - \$10 • Sr. Citizen - \$1

No child(ren) under the age of 10 will be allowed to enter the Beach without responsible parental supervision (minimum age 14 years old)

Beach Tag Information

Tags must be purchased *in person*, not by mail.
Tags available beginning April 16 at the NR&PD Office.
From June 8 on, Individual/Family tags must be purchased **at the Beach**

Lost Tags Must Be Repurchased!!!!

Family Tag Plan Prices

Proof of Natick residency and birth certificates and/or legal adoption certificates will be required

1 Adult & 4 or more children \$90 • 2 Adults & 3 or more children \$100

SWIM REGISTRATION • AGES 3 & UP SCHEDULE & TIMES

American Red Cross approved classes range from Level 1 - 6. Non-certified pre-school classes are also available. Class times start at 10:10 am and are offered throughout the day and are held Monday - Friday, weather permitting. Classes are 20 minutes for pre-school and 30 minutes for all others. Classes are subject to change depending on registration and teacher availability.

Based on final day of school, lesson sessions will be as follows:

SESS 1: June 24 - July 12 (3 weeks) • \$45
SESS 2: July 15 - August 2 (3 weeks) • \$45
SESS 3: August 5 - August 16 (2 weeks) • \$32

Beach tag is not included in above price.

Registration for lessons will take place at the Beach the Saturday before the start of **EACH** session on a first come, first serve basis. Actual class schedule should be available after June 10.

SWIM TEAM • AGES 6 - 18

Beach Tags are required for everyone entering Beach



WHEN: Tue, June 18 - Aug 10

Please note that each member may have to purchase a team swimsuit for this year.

FEE: \$99 • Includes beach tag for Swim Team Member
\$89 • If tag is already purchased.

Registration must be done at Cole Center.

MINI TRIATHLON AT MEMORIAL BEACH SUNDAY, JUNE 30 • 9:30 AM START

Individual Event, Team/Family Event (3 Mem), Division "B" for Adults
Watch for Details
Entry Fee: \$20/Individual ~or~ \$30/Team

The Department is looking for Summer Staff to work at the Beach and Volunteer Swim Aids to help with the swim lessons.
Please contact Dan Keefe at (508) 647-6530 for more information.

SUMMER OFFERINGS

SUMMER ON-LINE REGISTRATION BEGINS THURSDAY, MARCH 21 AT 7:00 PM

Non-resident registrations will be accepted beginning May 1, 2013 based on availability. Add \$20 to session fee.

SUNSHINE CENTER • AGES 3 - PRE-K

For ages 3 to entering Kindergarten. Sunshine Center provides a comfortable and relaxed environment for your child to develop social skills with other children. Activities include arts & crafts, music, movement, picnics, cooking and outdoor activities. Bring a snack. Juice or water provided.

WHEN: **SESS 1:** July 1 - July 12 (No class July 4 or 5) \$132
SESS 2: July 15 - July 26 \$165
SESS 3: July 29 - August 9 \$165

TIME: 9:00 am - 12:00 noon

Staff and Volunteers:

Judy Dixon and Carrie Trabucco along with counselors and some volunteers have a great summer of fun planned for your child. Lead staff are certified in First Aid and CPR and have experience working with children of this age in a recreational playgroup environment. Anyone interested in volunteering (a min. of a 2-week commitment is required and you should be entering Grade 9) should contact Aaron Friedman, Program Director at (508) 647-6530. If you are planning to earn Community Service Credits for graduation, see your Guidance Counselor for the forms and process you should follow.

SPORTS SQUIRTS • AGES 3 - 5

This program is geared to our younger sports "stars." Sports Squirts is a great way to introduce young children to a variety of sports such as soccer, t-ball, basketball and floor hockey all while having fun and evoking the child's imagination. All activities are age appropriate and promote hand-eye coordination, movement and balance.

Participants should bring lots of water.

WHEN: Mon - Fri, Jul 22 - 26

TIME: **SESS 1:** 1:00 - 2:00 pm • Ages 3 & 4 ~or~
SESS 2: 2:30 - 4:00 pm • Ages 4 & 5

WHERE: Cole Center Fields

FEE: **SESS 1:** \$69 ~or~ **SESS 2:** \$89

MEMORIAL PLAYGROUND PROGRAM • ENTERING GRADES 1 - 3

This program is based on imagination and play. Great for kids who do well in smaller groups and those that are having their first summer program experience. Our terrific staff has a number of fun activities that connects kids to nature and enables them to use their creativity and wonder.

WHEN:	SESS 1:	Jun 26 - Jun 28 (3 days)	\$85
	SESS 2:	Jul 1 - Jul 5	NO PROGRAM THIS WEEK
	SESS 3:	Jul 8 - Jul 12	\$140
	SESS 4:	Jul 15 - Jul 19	\$140
	SESS 5:	Jul 22 - Jul 26	\$140
	SESS 6:	Jul 29 - Aug 2	\$140

TIME: 9:00 am - 3:00 pm

WHERE: Memorial Elementary School

SARGENT CENTER • ENTERING GRADES 1 - 5

Children entering Grades 1 - 5 in the fall of 2013 are eligible.

Activities include arts & crafts, games, sports, free play and much more. There will be an excellent staff to help coordinate special activities for your child. **PLEASE NOTE:** Each child must bring a lunch that does not need to be refrigerated.

Sargent is one of our most popular programs so spaces fill up fast.

WHEN:	SESS 1:	Jun 26 - Jun 28 (3 days)	\$85
	SESS 2:	Mon, Tue, Wed, Jul 1, 2, 3 (3 days)	\$85
	SESS 3:	Jul 8 - Jul 12	\$140
	SESS 4:	Jul 15 - Jul 19	\$140
	SESS 5:	Jul 22 - Jul 26	\$140
	SESS 6:	Jul 29 - Aug 2	\$140
	SESS 7:	Aug 5 - Aug 9	\$140

TIME: 9:00 am - 3:00 pm

WHERE: Lilja Elementary School

PROGRAM IDEAS

If you are looking for a program that you do not see in our brochure, please let us know. Some of our best ideas have come from our fellow residents. We also welcome you to apply to teach a program. To propose a program, please submit a description in writing.



DAVINCI'S NOTEBOOK • GR 5 - 7

Ever wondered how a 20-sided polygon could be built from three golden rectangles? Or what the most elegant and efficient pattern of mosaics would best decorate the Capital dome in Boston? What would you discover, if you closely observed a pineapple while standing on your head? Got a jones for letting your creative juices flow in unexpected ways? Explore how the interrelated worlds of mathematics and art can be understood through the single lens of creativity.

WHEN: Mon, Jul 29 - Fri, Aug 2

TIME: 9:00 am - 1:00 pm

WHERE: TBD

FEE: \$200

INSTR: Grace Kelemanik, Jessica O'Brien, Demetrius Fuller

NOTE: Snack (not lunch) will be provided.



SUMMER SPORTS CLINICS AND ADVENTURE WEEKS LOTTERY

Due to the Massachusetts Department of Public Health Regulations, all sports clinics offered by the NRPD through a private contractor (John Smith Soccer, Skyhawks, etc.) need to be licensed as a camp by the local Board of Health. (Does not apply to above programs.)

What this means to you (parents) is that a recent physical form from your pediatrician (within two years of last day of program) is required to be submitted along with a specific registration form to be eligible for those sports clinics.

A separate brochure with a specific registration form for the sports clinics will be distributed through the schools on Virtual Backpack under "Community Notices" and be available at the Cole Center or on-line at our web site www.natickma.gov/recreation by the last week in February 2013, in time for submittal to the Summer Clinic and Adventure Week Lottery, deadline for submittal is 5:00 pm Thursday, March 21.

It's Registration Time...

Spring ON-LINE REGISTRATION
will begin at

7:00 pm on Sunday, March 17.

www.natickma.gov/recreation

then link to On-line Registration

(On My Own Playgroup is a Lottery)

Summer ON-LINE REGISTRATION
will begin at

7:00 pm on Thursday, March 21

PLEASE NOTE!!

NR&PD will accept walk-in Program
Registrations, beginning
Spring • Monday, March 18
Summer • Friday, March 22

Lottery Deadline for Summer

Sports Clinics and Adventure Weeks

March 21 at 5:00 pm.

Check your child's Virtual Backpack under
"Community Notices" during February
Vacation and after for information.

Office Information

HOURS:

Monday - Friday
8:00 am - 5:00 pm
179 Boden Lane
Natick, MA 01760

Phone 508-647-6530

FAX Machine 508-647-6535

Cancellations • After 5:00 pm 508-647-6530

Web Site <http://natickma.gov/recreation>

Every program and activity in the Recreation and
Parks Department is open to all, regardless of
race, religion, color, sex, marital status, national
origin or persons with disabilities.

Administrative Staff

Jon Marshall, Director
Dan Keefe, III, Assistant Director
Mary Lou Coffey, Bookkeeper/Receptionist
Beth Cugini, Receptionist
Aaron Friedman, Program Director
Linda Pinault, Administrative Assistant

REGISTRATION INFORMATION & GENERAL POLICIES

Registration is done ON-LINE!!
Visa, MasterCard & Discover Accepted

Checks payable to the "Town of Natick"

A \$25 fee will be charged for all returned checks.

Exceptions to Our On-Line Registration:

Playgroup, Special Needs Programs,
Sassamon Trace Golf Programs & Natick Community Organic Farm.

All programs have enrollment limits.

**We may cancel or postpone a program with low enrollment.
Decisions are usually made one week prior to program start date.**

Recreation and Parks Department reserves the right to cancel,
alter, or change any classes if circumstances warrant.

Payment: **Full payment** must accompany your registration.

Financial Aid: Limited financial aid is available. For information contact the
Natick Service Council located at 2 Webster Street, Natick.

Refunds: **Refunds are given only if a program is terminated by the
department, or receipt of a doctor's note excusing participant
from continuing. Refunds will take up to four weeks to be
processed.**

Filled Programs: Waiting List will be available ON-LINE. Your account will not be
charged. We will try to add additional sessions for
oversubscribed programs.

Program Location: **Most programs are offered at The Cole Center.** Other
locations are specified in program description.

Photos: Please note that photos of your child may be used for various
publicity media's.

Cancellations: Programs are cancelled when school is cancelled.
Call **(508) 647-6530 after 5:00 pm weekdays** and follow
automated instructions for weather cancellations.

In addition, if weather forces us to close you can check
WCVB-5 TV for cancellations or for WHDH -7 view on-line at
www.whdh.com.

You can sign up for text or e-mail notices at
<http://www.thebostonchannel.com/closingssignup/index.html>
for Channel 5 and www.whdh.com and click "Snow Day
Alert" for Channel 7. Follow prompts for both stations to enter
your information.

Make Ups: When extreme weather conditions or an instructor's request
results in program cancellation, we will make up the class
when possible or refund the pro-rated balance.

**"Reasonable accommodations and audio-visual aids and
services will be available upon request."**

"Create Community through People, Parks and Programs"



NATICK RECREATION AND PARKS DEPARTMENT

179 Boden Lane

Natick, MA 01760

(508) 647-6530 • Office

(508) 647-6535 • FAX

(508) 647-6530 • Announcements/Cancellations (*Follow Menu*)www.natickma.gov/recreation • Website

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Community Group Contact Information**Natick Community-Senior Center**
117 E. Central Street

Community Services Director	(508) 647-6546
Natick Council on Aging	Moira Munns (508) 647-6540
Natick Human Services	Moira Munns (508) 647-6540
Natick Veterans Services	Paul Carew (508) 647-6545

Sassamon Trace Golf Course

Sassamon Trace Golf Course	Peter Meagher (508) 647-6546
Sassamon Trace Golf Course	Website..... www.sassamontrace.com

Public Non-Profit Leisure Organizations

Cochituate State Park	Tim Murphy (508) 653-9641
Men's Softball League	(TAPE) (508) 650-0790
Men's Softball League	(WEBSITE) www.naticksoftball.com
William L. Chase Arena	(PHONE) (508) 655-1013
William L. Chase Arena	(WEBSITE) www.fmcicesports.com

Natick Youth Sports Leagues

Junior Redmen (Football & Cheerleading)	(TAPE) (508) 653-9900
Lacrosse	(WEBSITE) www.naticklacrosse.com
Little League	(TAPE) (508) 647-0467
Little League	(WEBSITE) www.natickll.org
Soccer Club (No Phone #)	(WEBSITE) www.naticksoccer.org
Youth Hockey • Comets	(WEBSITE) www.natickcomets.com

Other Public Service Agencies

A Place To Turn	(508) 655-8868
Bacon Free Library	John Broslin (508) 653-6730
Family Resources of Natick (Formerly Natick Early Childhood Network)	Pam Koskovich (508) 655-2557
Framingham Rec Dept.	(508) 532-5960
Framingham Rec Dept.	Weather Line..... (508) 532-5962
Kids Connect.....	Debbie Sayre (508) 652-4211
Morse Institute Library.....	Linda Stetson..... (508) 647-6520
Natick Service Council.....	Greg Tufunoy (508) 655-1791